

Cardiovascular Health in Missouri



The heart of the matter...

Diabetes is a risk factor for developing cardiovascular disease. If you have diabetes, you are at a greater risk for having a heart attack or stroke.

Did you know?

- ♥ More than 300,000 Missourians have been diagnosed with diabetes. Another 150,000 people in Missouri have the disease but don't know it.
- ♥ Nationwide, more than 18 million Americans have diabetes. Another 41 million people have pre-diabetes, a condition in which blood glucose levels are higher than normal but not high enough to be considered diabetes. People who have pre-diabetes often develop type 2 diabetes.
- ♥ Recent research shows that some long-term damage to the body, especially to the heart and circulatory system, may already be occurring in people with pre-diabetes.

Signs and Symptoms of Diabetes

- Being very thirsty
- Urinating a lot – often at night
- Having blurry vision from time to time
- Feeling very tired much of the time
- Losing weight without trying
- Having very dry skin
- Having sores that are slow to heal

Remember: Some people with diabetes do not have any symptoms.

Risk Factors for Type 2 Diabetes

- Family history of diabetes
- History of gestational diabetes or giving birth to a baby weighing 9 or more pounds
- Being of African American, American Indian, Alaskan Native, Hispanic/Latino or Asian/Pacific Islander heritage
- Inactive lifestyle – exercising less than three times a week
- Being overweight
- Over age 45
- Blood pressure greater than 140/90 mm/HG
- Abnormal lipid levels (cholesterol or triglycerides)
- Previously diagnosed with pre-diabetes

Dealing with diabetes

- There is no cure for diabetes, but proper diagnosis, treatment and self management (including checking blood sugar at least once a day) can help prevent or reduce the long-term effects of diabetes, including heart attack and stroke.
- Regular physical activity has been shown to reduce the development of diabetes.
- Maintaining a healthy weight could help prevent diabetes.

Data Sources:

1. Centers for Disease Control and Prevention: Behavioral Risk Factor Surveillance System
2. Center for Health Information and Evaluation: Missouri Information for Community Assessment

Missouri Department of Health and Senior Services • Bureau of Cancer & Chronic Disease Control • (800) 316-0935

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